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² Welcome to the Michel Thomas Method

Congratulations on purchasing the truly remarkable way to learn a language. With the Michel Thomas Method there's no reading, no writing and no homework. Just sit back, absorb, and soon you'll be speaking another language with confidence.

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About Michel Thomas

Michel Thomas (1914–2005) was a gifted linguist who mastered more than ten languages in his lifetime and became famous for teaching much of Hollywood's 'A' list how to speak a foreign language. Film stars such as Woody Allen, Emma Thompson and Barbra Streisand paid thousands of dollars each for face-to-face lessons.

Michel, a Polish Jew, developed his method after discovering the untapped potential of the human mind during his traumatic wartime experiences. The only way he survived this period of his life, which included being captured by the Gestapo, was by concentrating and placing his mind beyond the physical. Fascinated by this experience, he was determined that after the war he would devote himself to exploring further the power of the human mind, and so dedicated his life to education.

In 1947, he moved to Los Angeles and set up the Michel Thomas Language Centers, from where he taught languages for over fifty years in New York, Beverly Hills and London.

Michel Thomas died at his home in New York City on Saturday 8th January 2005. He was 90 years old.







Perfect Mandarin Chinese index

Note about transliteration

The Mandarin words are transliterated in this track listing using the pin-yin method of romanization. In this method the tones are represented by marks on the vowels that look like the hand movements that we're using (see pages 16–17):

- flat tone (green thumb out)
- rising tone (blue finger up)
- falling and rising tone (red 'V' for victory)
- ` falling tone (black finger down)

In addition, two dots are used above the letter \dot{u}' (\ddot{u}). This indicates that the 'u' should be pronounced like the 'oo' in 'moon', but while you say 'oo', shape your lips towards the 'i' sound in 'sit'.

CD I Track I

Introduction and review of tones

CD | Track 2

 $xi\bar{e}$ is added to words to indicate plural, e.g. $zh\grave{e}$ ge $r\acute{e}n$ = 'this man', $zh\grave{e}$ $xi\bar{e}$ $r\acute{e}n$ = 'these men'; yi $xi\bar{e}$ 'some'

CD | Track 3

chī fàn 'eat (rice)'; fàn 'rice'

CD I Track 4

cān gualn 'restaurant'

CD | Track 5

caì 'dish, vegetable, food'

CD | Track 6

fan diàn 'hotel'

CD I Track 7

hē 'drink'; chá 'tea'; yì bēi chá 'a cup of tea'







CD | Track 8

ba is used to make a suggestion, to mean 'let us do something'; $k\bar{a}$ fei 'coffee'; qing 'please'; mdi dong xi 'buy stuff = go shopping'

CD | Track 9

hǎo 'good' used to mean 'OK'; míng tiān 'tomorrow'

CD | Track | 0

xué xí 'study'

CD | Track | |

nă 'which'

CD | Track | 2

nă ge 'which one'

CD | Track | 13

wèn tí 'problem, question'; méi wèn tí 'no problem'

CD 2 Track I

yú 'fish'; hắo chī 'good eat = delicious'; dòu fu 'bean curd, tofu'; hắo kàn 'good look = good-looking'

CD 2 Track 2

yǒu yìsi 'have meaning = interesting'

CD 2 Tracks 3 and 4

jué de 'feel, think'

CD 2 Track 5

è 'hungry; to be hungry'; zuó tiān 'yesterday'

CD 2 Track 6

wăn shàng 'evening'; wăn fàn 'evening food = supper'







CD 2 Track 7

shí hoù 'time'; shén me shí hoù 'what time, when'

CD 2 Track 8

de tells us that the previous word or phrase describes what follows,

e.g. wở de 'l + describer = my'; Mở tàitai de péng yǒu 'Mrs Ma + describer friend = Mrs Ma's friend'.

We only use one de: wố lỗo shĩ de péng yỗu 'l teacher + describer friend = my teacher's friend' (not wố de lỗo shĩ de péng yỗu).

CD 2 Track 9

Position of de varies according to the number of syllables in the describing phrase; e.g. after two syllables such as adjectives, wố <u>de</u> hắo péng yỗu 'my good friend', but wố hễn hắo <u>de</u> péng yỗu 'my very good friend'

CD 2 Track 10

shì shén me yìsi 'what meaning is = what does ... mean?'

CD 2 Track II

dān wèi 'workplace'

CD 2 Track 12

yǒu yìsi de 'interesting' when placed <u>before</u> word it describes, e.g. yí ge yǒu yìsi de shū 'a has meaning + describer book = an interesting book'; hǎo chī de yú 'good eat + describer fish = delicious fish'

CD 2 Track 13

xué xiào de '(the) school's'; xué shēng de '(the) student's'

CD 2 Tracks 14 and 15

de can be used after quite long phrases, and replaces 'which' or 'that' in English: $z \grave{a} i \ z h u \bar{o} z i \ x \grave{h} u \hat{o} t$ 'at table on + describer book = the book that is / was under the table'

CD 3 Track I

jiào 'call, to be called'

CD 3 Track 2

míng zi 'name'

lắo (used in front of the name of a person) 'old', e.g. lắo Wáng 'old Wang'







CD 3 Track 3

huà 'speech, spoken language'; diàn huà 'electrical speech = telephone'; shéi de 'who + describer = whose'

CD 3 Track 4

The Chinese custom of saving face. $b\acute{u}$ $k\grave{e}$ qi 'no need to be polite, do not be polite'; $b\acute{u}$ xie 'no to thank; do not thank'; $n\check{a}$ li, $n\check{a}$ li as a reply to a compliment to show respect and be polite and modest

CD 3 Track 5

To give a command in Chinese, just use the verb, e.g. *láil* 'come!'; *bù lái* 'don't come'. An alternative way (to the *ma* question marker) of asking a question is to choose from a pair of verbs – the 'menu pattern': *tā shì bú shì yīngguó rén?* 'he–is not is–English person? = is he English?'

CD 3 Track 6

This menu pattern can also be used to make suggestions: $w\delta men q\dot{u}$ $ch\bar{\imath}fan$, $h\delta o b\dot{u} h\delta o$? 'we go eat, good not good? = let's go to eat, OK?'

CD 3 Track 7

yǒu méi yǒu? 'there—is no is? = is / are there?'

CD 3 Track 8

zěn me 'how'

CD 3 Track 9

zěn me yàng 'how is it going? how about...?'; hái shì 'or' (used in a question)

CD 4 Track I

yín háng 'silver firm = bank'; de is not used after country names in order to denote nationality: yīng guó yín háng 'English bank'

CD 4 Track 2

shī fu 'mate, buddy': this word is used to address somebody who does not have a title; dǒng 'understand, comprehend'; huà 'speech'; shàng hǎi huà 'Shanghai language'; guǎng dōng huà 'Cantonese'







CD 4 Track 3

kuài 'fast, quick'; màn 'slow'; màn yī diǎnr 'slow a little bit = a bit slower'; (yi) cì '(one) time'; zài 'again'; zài jiàn 'see you again, good bye'

CD 4 Track 4

duì bu q' '(I am) sony'; méi guān xi 'it does not matter, never mind, do not worry'; guān xi 'connections, relationship, responsibility'

CD 4 Track 5

Negative sentences in the past describing physical actions use *méi yŏu* and we call them the *méi yŏu* verbs, e.g.: *méi yŏu mǎi* 'did not buy'; *méi yŏu chī fan* 'did not eat'; *méi yŏu qù* 'did not go'

CD 4 Track 6

To ask questions about the *méi yǒu* verbs you use the menu pattem: *nǐ zuó tiān yǒu méi yǒu mǎi nàge shū*? 'Did you buy that book yesterday?' yǒu 'Yes, I did'; *méi yǒu* 'No, I did not'.

CD 4 Track 7

Positive sentences in the past describing physical actions use le: Wố māma zuó tiān wắn shàng mắi le dōng xi. 'My mother went shopping yesterday evening (bought stuff).' When there are two verbs le goes after the second verb: qù mắi le 'went to buy'.

CD 4 Track 8

Two ways of using le: after a verb, to show a physical action completed, e.g. mǎi le 'bought'; after an adjective, e.g. tài hǎo le 'wonderful'.

Two ways of asking if you did something yesterday: nǐ zuó tiān qù le běi jūng ma? nǐ zuó tiān yǒu méi yǒu qù běi jūng? 'Did you go to Beijing yesterday?'

CD 4 Track 9

If the verb describing the action in the past tense is not physical (e.g. verbs like 'to think', 'to want') we use $b\dot{u}$ for the negative, and indicate the past with a time word such as 'yesterday': $t\bar{a}$ $b\dot{u}$ $y\dot{a}$ 0 $q\dot{u}$ $b\dot{e}$ i $j\bar{n}$ g 'he doesn't want to go to Beijing'; $t\bar{a}$ $zu\acute{o}$ $ti\bar{a}$ n $b\acute{u}$ $y\dot{a}$ 0 $q\dot{u}$ 0 $b\dot{e}$ i $j\bar{n}$ g 'yesterday he didn't want to go to Beijing'.

CD 4 Track 10

Conclusion; how to continue learning Mandarin.







Perfect Mandarin Chinese Vocabulary index

NB CD references below refer to CDs I and 2 of Perfect Mandarin Chinese Vocabulary.

CD | Track |

Introduction

CD | Track 2

bǎi 'hundred', e.g. sān bǎi 'three hundred' shǎo 'few' fáng jiān 'room'

CD | Track 3

duō 'more', duō shǎo 'how much', e.g. duō shǎo qián 'how much money?' referring to any number, especially larger numbers guì 'expensive'

CD I Track 4

qiān 'thousand' wàn 'ten thousand' bǎi wàn 'million': literally 'one hundred ten thousand'

CD | Track 5

dồng 'understand'; kàn de dồng 'understand by seeing', e.g. wồ kàn de dồng zhè ge zì 'l understand (by seeing) this character.' zì 'word'. wồ kàn bù dồng zhè ge zì 'l do not understand (by seeing) this character.'

CD | Track 6

tīng de dǒng 'understand by hearing', e.g. tā shuō zhōng wén de shí hou wǒ tīng bù dǒng 'When he speaks Chinese I can't understand.'
tīng shuō 'heard'

CD | Track 7

diăn 'o'clock'

shàng wử 'morning, a.m.'. Larger units of time and dates come before smaller ones, e.g wở men yīng gāi shàng wử sān diǎn qù 'We should go at 3 a.m.' xià wử 'afternoon, p.m.'

CD | Track 8

xiǎo shí 'hour', e.g. yí ge xiǎo shí le 'for one hour' y' hòu 'after, behind'







CD I Tracks 9 and 10

bàn 'half', e.g. wố men yí ge bàn xiốo shí yǐ hòu qù 'We will go after one and a half hours'; wố men néng bu néng shàng wǔ shí diớn bàn yǐ hòu qù? 'Can we go after ten thirty a.m.?'

CD | Track | |

kě xī 'it's a pity'

CD | Track | 12

yǐ qián 'before' fēi jī chẳng 'airport'

CD | Track | 13

yǒu qián 'rich = have money' e.g. tā hěn yǒu qián 'She is very rich.' bú yào qián 'free'

CD | Track | 14

fù qián 'to pay money', e.g. wǒ yào fù nǐ hěn duō qián 'I will pay you a lot of money.' yào bù rán 'otherwise'

CD | Track | 15

xǐ huān 'to like to; to like something'; dōu xǐ huān 'both like to'

CD | Track | 16

zhǎo 'to seek, look for'; zài zhǎo 'to be seeking' (at this moment)

CD 2 Track I

 $b\bar{a}ng$ someone to do something 'help someone to do something', e.g. nǐ néng $b\bar{a}ng$ wố $k\bar{a}i$ $ch\bar{e}$ ma? 'Can you help me drive the car?'

bāng someone máng 'to help someone out' e.g. nǐ néng bu néng bāng wǒ máng 'Can you help me out?'

CD 2 Track 2

xiū xi 'to rest'

CD 2 Track 3

chuáng 'bed'; xiðo chuáng 'small bed'; dà chuáng 'big bed' děng 'to wait'

CD 2 Track 4

wài 'out'; wài guó 'foreign = out country'

wài mian 'outside'; zài wài mian '(to be) outside'; wố men fàn diàn wài mian 'outside our hotel'

Il mian 'inside', e.g. wǒ jīn tiān zài Il mian chī fan 'I will eat inside today.'







CD 2 Track 5

zuì 'the best, most' e.g. zuì hǎo de cài 'the best food'; zuì dà de fáng jiān 'the biggest room'

CD 2 Track 6

hé someone shuō huà 'to speak with someone', e.g. wǒ yào hé nǐ de péng yǒu shuō huà 'I will speak with your friend.'

méi yǒu rén 'no one'

CD 2 Track 7

lǎo bǎn 'boss, someone in charge' jiử 'wine'; hē jiử 'to drink wine'; hē chá 'to drink tea'

CD 2 Track 8

pí jiử 'beer'; yì bēi pí jiử 'a cup of beer' shén me yàng de 'what kind of...', e.g. nǐ yào shén me yàng de pí jiữ 'What kind of beer do you want?' wài guó pí jiử 'foreign beer'

CD 2 Track 9

shén me dõu 'everything', e.g. tā shén me dõu néng zuò 'She can do everything'; tā nán hái zi shén me dõu chī 'Her boy eats everything.' shén me something dõu 'every specific something', e.g. tā shén me cài dõu yào chī 'He wants to eat every food.'

CD 2 Track 10

shén me de 'so on, etc', e.g. wǒ xǐ huān běi jīng cài, shàng hǎi cài, 'I like Beijing food, Shanghai food, etc.

CD 2 Track II

shén me dōu bù 'not anything', e.g. wǒ shén me dōu bù xǐ huān 'l don't like anything'; tā shén me dōu bù mǎi 'She does not buy anything.' méi shén me 'don't worry, it is nothing'

CD 2 Track 12

huò zhế 'or' (in a positive sentence), e.g. qǐng gếi wố yí ge shū huò zhế yí ge bào 'Please give me a book or a newspaper'. hái shì also means 'or' when used in a question sentence, e.g. zhè liắng ge shū yí yàng hái shì bù yí yàng? 'Are these two books the same or different?'

CD 2 Tracks 13 and 14

yí đìng 'definitely, certainly', e.g. tā jīn tiān yí đìng yào lái 'She definitely shall come today.' zǒu 'walk, go, depart', e.g. Yíng háng zĕn me zǒu? 'How do we go to the bank?'; zǒu lù 'walk (on the) street'





CD 2 Track 15

zhàn 'stop, station'; shàng hới huố chẽ zhàn 'Shanghai train stop' bàn 'to solve a problem'; zến me bàn? 'what do we do?, what's to be done?'

CD 2 Track 16

bàn fố 'method, way of doing something'; hến hỗo de bàn fố 'very good method' méi (yốu) bàn fố '(There's) nothing to be done about it.'

CD 2 Track 17

yǐ jīng 'already', e.g. wǒ yǐ jīng géi nǐ le 'l already gave it to you.' jiù 'passage of time, a long time passed'; duō jiù le 'how long have...', e.g. nǐ xué xí zhōng wén duō jiù le? 'How long have you studied Chinese?'

CD 2 Track 18

ná 'to take something' duō 'more'; duō yì diǎnr fàn 'a bit more rice' Conclusion







Mandarin Chinese-English glossary

NB This glossary contains vocabulary from Perfect Mandarin Chinese Vocabulary, as well as some extra vocabulary which is taught in Total Mandarin Chinese with the Michel Thomas Method. Go to www.michelthomas.co.uk for more information.

ba indicates suggestion of agreement bā 'eight' băi 'hundred' bởi wàn 'million' bàn 'half' bàn 'to solve a problem' bàn fǎ 'method, way of doing something' bang to do something 'to help to do something' bāng someone máng 'to help someone out' bào 'newspaper' bēi 'cup' běi 'north' bié de 'other, different' bú kè gi 'don't be polite', 'don't mention it' bú xiè 'don't thank me' bú vào gián 'free' bù yí yàng 'different'

cài 'food, dish'
cān guǎn 'restaurant'
cì 'times' (one time, two times, the
first time, an occasion)
chá 'tea'
chà bù dūo 'about the same'
chē 'vehicle'
chī fàn 'to eat'
chuáng 'bed'
cóng 'from'

då 'hit'
dà jiā 'everyone, all'
dà jiā hað 'Hello, everyone.'
(a way to say 'Hello' to or begin
speaking to any group')

dào 'to, toward' dān wèi 'company, workgroup', 'workpace' dāng rán 'of course' děng 'to wait' diǎn 'o'clock' diàn huà 'telephone (electrical speech)' diàn tī 'lift, elevator = electric stairs' dōng 'east' dong 'to comprehend, understand' duì bu gi' 'sorry' duō 'more' dòu fu 'tofu' duō jiŭ le 'how long have...?' duō shǎo 'how much?, how many?' (referring to any number, especially a larger number)

è 'hungry' èr 'two'

fàn diàn 'hotel' fáng jiān 'room' fēi jī 'airplane = fly machine' fēi jī chắng 'airport' fū qián 'to pay money'

gào sù 'to tell, inform, let know' gĕ 'to give' gĕ somebody kàn 'to show to somebody' gōng gōng qì chē 'bus = shared vapour vehicle' guì 'expensive' guò 'cross, pass time'







hái shì 'or' (used in question sentences) hái zi 'children' hǎo 'OK' hào 'number' (telephone number) hảo bu hảo 'OK?. is that OK?' hǎo chī 'delicious, tasty (good eat)' hảo kàn 'pretty (good look)' hé someone shuō huà 'to speak with someone' hē 'to drink' hù zhào 'passport' huà 'spoken language' huài 'broken, bad' huố chẽ 'train = fire vehicle'

il 'how many?' (referring to a relatively small quantity) jiào 'to be called' iiŭ 'nine' jiŭ 'wine' jiť 'passage of time, a long time passed' jué de 'to feel, think'

huò zhě 'or' (in positive sentence)

kā fēi 'coffee' kā fēi guǎn 'coffee shop' kāi chē 'to drive a car' kàn de dong 'to understand by seeing' kě xī 'it's a pity' kě yľ 'may' kong pà 'afraid that..., perhaps...' kuài 'about to, almost' kuài 'unit of currency' (colloquial term) kuài 'fast'

lăo 'elder' lắo bắn 'boss, person in charge' le sentence + le represents something changes lèi 'tired' If mian 'inside' liăng 'pair of

líng 'zero' liù 'six'

mài 'to sell' mǎi dōng xi 'to buy something (go shopping)' màn 'slow' méi shén me 'don't worry, it's nothing' méi (yǒu) bàn fǎ 'there's nothing to be done about it' méi vǒu rén 'no one' méi guān xi 'never mind, does not matter' méi wèn tí 'no problem' méi yǒu 'did not (do something in the past)' míng tiān 'tomorrow' míng zi 'name'

ná 'to take something' nă 'which?' nă ge 'which one?' nă li response to a compliment to express politeness nă xiē 'which of these?' nán 'south' nán hái zi 'boy = male child' nián 'year' niŭ yuē 'NewYork' nů hái zi 'girl = female child'

pí jiŭ 'beer' piào 'ticket'

aī 'seven' qì chē 'car = vapour vehicle' gián 'money' qiān 'thousand' qing 'please'

rán hòu 'then' (after some time has passed) rì 'sun'







sān 'three' shàng ge 'last' shàng wǔ 'a.m., morning' shǎo 'few. less' shéi de 'whose?' shén me de 'so on, etc.' shén me dōu 'everything' (non-specific) shén me something dōu 'every specific thing' shén me shí hòu 'when?, what time?' shén me yàng de 'what kind of ...?' shí 'ten' shí hòu 'time' shī fu 'mate, buddy' shuì (jiào) 'to sleep' sì 'four' (unlucky number: same sound as sl' 'death', different tone)

ting de dong 'to understand from hearing' tīng shuoō 'heard'

wài 'out'
wài guó 'foreign'
wài mian 'outside'
wǎn 'late'
wàn 'ten thousand'
wǎn fan 'evening food, supper'
wǎn shàng 'evening'
wèn tí 'problem, question'
wǔ 'five'

xī 'west'
xǐ huan 'to like to do something'
xià ge 'next'
xià wǔ 'afternoon, p.m.'
xiāng găng 'Hong Kong'
xiǎo 'little'
xiǎo shí 'hour'
xiē plural marker instead of ge (zhè xiē rén 'these men')
xīng qī 'week'

xīng qī èr 'Tuesday'
xīng qī liù 'Saturday'
xīng qī rh/tiān 'Sunday'
xīng qī sān 'Wednesday'
xīng qī sì 'Thursday'
xīng qī yī 'Monday'
xīng qī yī 'Monday'
xīng qī wǔ 'Friday'
xiū xi 'to rest'
xué xí 'to study, leam'

vào 'will. shall' yào bù rán 'otherwise' vì bēi chá 'a cup of tea' yí dìng 'definitely, certainly' yl hòu 'after, behind' yl jīng 'already' yľ gián 'before' yí yàng 'the same, just like' yín háng 'bank (silver money firm)' yīng gāi 'should' yǒu méi yǒu 'is there...?, do you have...?' yǒu gián 'rich' yǒu yì si 'interesting' yǒu yòng 'useful' yòng 'to use' vú 'fish' yuè 'month'

zěn me 'how?' zěn me bàn? 'what's to be done?' zěn me yàng 'how is it going?, what do you think of...?, how about...?' zhàn 'stop, station' zhǎo 'to seek, look for' zhľ 'only' zì 'word' zǒu 'to walk, go, depart' zuì 'most' zuì haŏ 'verv best' zuò 'to do' zuò 'by means of (different character from zuò 'to do') zuó tiān 'yesterday' zùo 'to sit down'



Learning the tones using hand movements

Mandarin has four tones, plus a neutral non-tone, which are critical for communication. While there is considerable leeway for differences in pronunciation (many Chinese learn Mandarin as a second language) there is very little for tones. If your tone is off you won't be understood. Tones, when made user-friendly, are actually quite simple to grasp and integrate into your learning.

The method for learning the tones* which you will experience in this course is specifically designed to address all styles of language learning. It will permit your central nervous system to permanently create pathways that reflect your personal learning style (visual, kinaesthetic, auditory, etc.) and support you in effortless recall and usage of the correct tone at the proper moment in your communication. It works on a subconscious level. You will very quickly find that you are using the movements as a natural part of your learning. These movements work. They have been tested and refined on students without any previous knowledge of Mandarin from many different backgrounds and age levels (teens to the elderly). I encourage you to allow your hands to move with the movements. For some of you that will be essential. For others, this will be less essential. Trust whatever helps you. It will work for you as you permit it to do so.

In this method of teaching tones, each movement is linked to a tone and colour. Romanized Mandarin (pin-yin) is written with four distinct tones, which are shown with marks over the affected vowel. These marks are shown in brackets below. The tones are generally listed in the following order when taught and when words are listed in a dictionary.





^{*} patent pending





First tone: (-) long, steady tone.

Colour: Green.

Movement: Thumb out to side with closed fist.

Example: zhōng ('middle').

Second tone: (') rising tone.

Colour: Blue.

Movement: Index finger pointing up.

Example: rén ('person').



Please pay close attention to the Chinese native speaker's illustration of this tone.

Colour: Red.

Movement: Closed fist with index and middle fingers

forming a V and pointing up.

Example: wó ('l, me').

Fourth tone: (`) falling tone.

Colour: Black.

Movement: Index finger pointing down.

Example: shì ('to be, am, is, are').

Neutral non-tone: toneless.

Colour: None.

Movement: Closed fist.

Example: ma (question marker).

















Millions of people worldwide speak a new language thanks to the Michel Thomas Method.



Here's what people say about Michel Thomas:

"This guy is one of my heroes."

"What a legend. I love his method."

"Definitely the best way to learn."

"Just after a couple of days I'm confident that I will be able to speak directly."

"It's the best way to learn a foreign language."

"Totally life changing."

"The Michel Thomas course is much the easiest to make progress with."

"He's the best."

"A truly inspirational way to learn a language."

"With Michel you learn a language effortlessly."



The nearest thing to painless learning.

The Times

